BANNED

Mind Control Secrets To Kick ANY

Bad Habit

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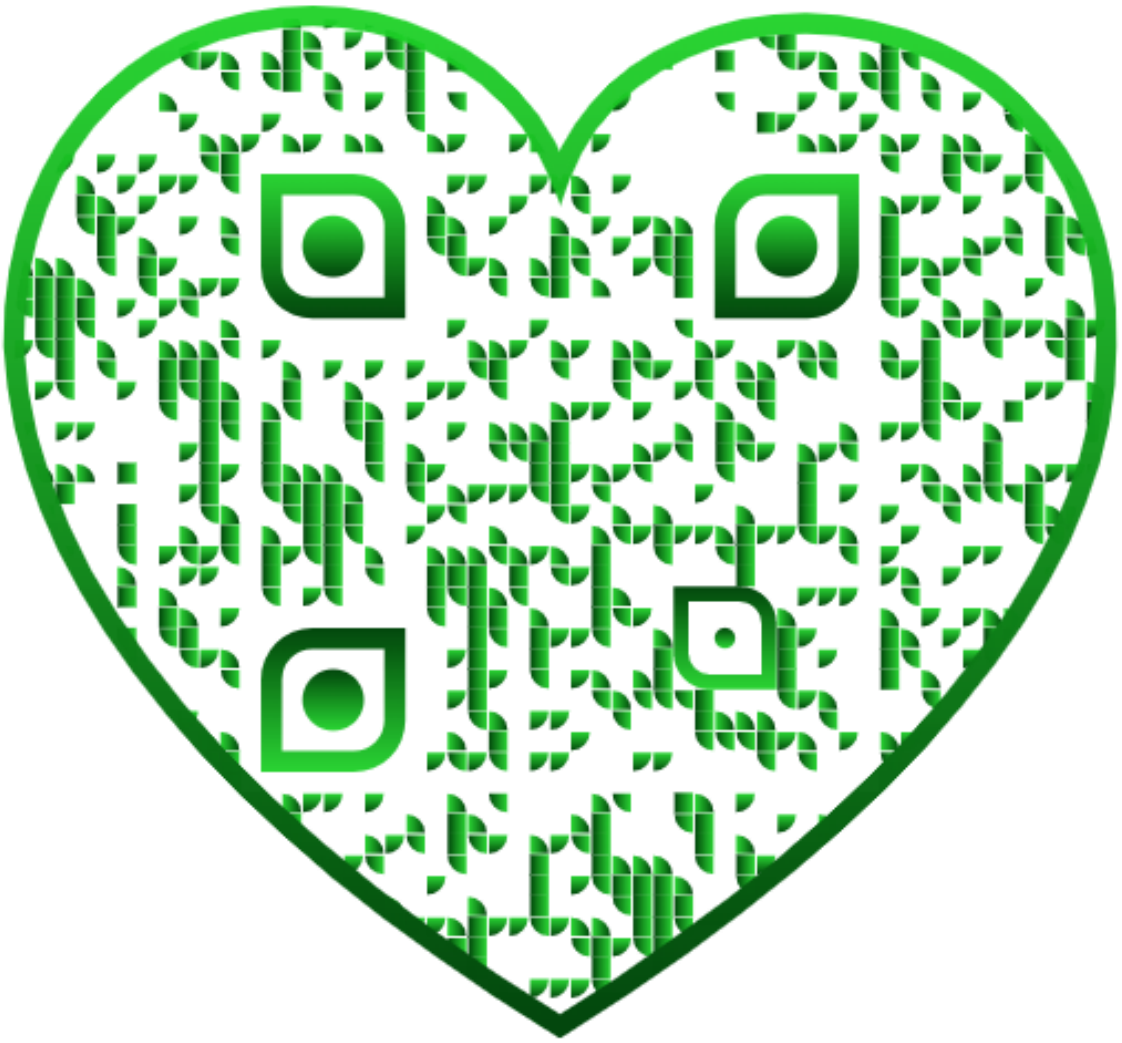

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Introduction

In this short book, you're going to learn “banned” mind control secrets that allow you to easily and effortless change any bad habit. More importantly, you'll learn an easy and effective technique to imprint good, desirable habits in their place. If you have tried everything from affirmations to visualizations to "thinking positive" and still find that nothing works in your life... then this book is not only going to SHOW you how to do it right, it is also going to EXPLAIN to you why things have not turned out they way you expected.

This is a short book because I have deliberately left out many of the fluff and fillers found in other similar books on this subject. Many well-meaning authors often fill up and pad their books with superfluous information, because there is a pervasive belief in our society that "more is better". But thousands of years of Eastern philosophy has pointed to the exact opposite principle --- that LESS is better, and wherever possible, we should seek to eliminate the unwanted from our lives and to see things in their true essence.

I hope this book helps you to do just that. What is the true essence of effortless creation and manifestation? What is the true story behind creating what you want? Every single spiritual master who has ever lived (and I really do mean every single one of them, no exceptions) has told you that you can be, do or have whatever you want. Nothing is out of your reach, you are told. If that's the case, then why is it that so many people still find life to be such an ongoing struggle on a daily basis? Does this principle only work for some but not for others?

Fortunately, it does not. These timeless laws of the Universe work for everyone. It does not even matter who you are or where you have been, they'll work for you just the same if you learn to apply them in a consistent and correct manner.

Many books were written and carefully studied just to write this one. If you have enjoyed (or even been curious) about books such as "Three Magic Words" or "Think & Grow Rich"... then you'll be pleasantly surprised to know that the essence of these books are one and the same. In writing each of these books, each individual author had their own style and preference for getting their message across to you. But in each case, the underlying ESSENCE remains the same. If you want to be successful at

applying the techniques in all these books and get the results you want, then you must know what the TRUE ESSENCE of these books are.

Sadly, many people are confused by the "form" and "dogma" instead of the true essence. What do I mean by this? For example, both the "Three Magic Words" and "Think and Grow Rich" prescribe a series of steps for the reader to follow. In fact, any self-help book that claims to be able to teach you to better your life or become prosperous has its own "secret recipe", its own series of steps for you to achieve that level of success you can only dream of.

And herein lies the first fundamental mistake made by most people. Most people fail to see the TRUE ESSENCE behind those steps. They start to get attached to the dogma, to the structure of those steps and think, "Oh, I better do these steps right... Otherwise it will not work for me."

The secret is not in following the steps exactly as they are! Rarely have I seen same exact steps work unfailingly from one individual to the next. We are each unique, with our own learning styles and preferences. We bring our own character and personality to this game called life. So why must success only come to those who follow an exact series of steps?

If you really study the truth, the essence behind almost every method prescribed by the great masters... you'll discover exactly what each of these great masters were trying to do. You'll realize that in almost every single case (and I'm including the word "almost" here only because I have not read every single book there is!)... In almost every case, these series of instructions or steps are supposed to help you speak to the greater, unconscious part of the mind known as the subconscious mind.

The Subconscious Mind

Every single person who has ever achieved great success, whether knowingly or unknowingly, has enlisted the help of his or her subconscious mind. This is a principle which the great spiritual masters realized. This is also a principle which most successful people realize and apply consistently. Of course, there are those who just seem to stumble, almost by magic, from one success story to another. Well, these people have got it somehow "programmed" into their subconscious. So yes, some of these programming can be done without our knowledge as well.

The tricky thing about the subconscious mind is that it is such a vast concept. No one really knows how to represent it or even point to its existence. We have heard many examples of it moving us through life. For example, think about the billions of processes your body is going through now as you read this. How does your body know when to breathe, what digestive juices to secrete, what hormones or enzymes to produce... in exactly the right quantity all without your conscious control? That's the subconscious mind in action. That's the larger part of us that we have no conscious, voluntary control over. We can't wilfully, consciously control it even if we tried! (Of course there is an exception when these processes get disrupted in some way, but even so, it takes a lot to get the processes temporarily disrupted, resulting in DIS-EASE and illness. I'll come back to this later in the book.)

So the billions of unconscious processes our body is going true can be considered SOME proof that we have a conscious and subconscious mind. The conscious part is the part that processes our thoughts, that reasons, that tries to figure out a way to do everything. The subconscious part then, is the part that does not reason, that does not question, and simply "accepts" everything it is told. We know this distinction because the spiritual teachers have always told us so. But is there a better way to prove it for ourselves?

Now I would like you to think of a problem or a bad habit you are facing. It can be something as simple as biting your nails. If this isn't a problem for you, substitute it for something else. Focus on something you've been trying to get rid off but can't, no matter how hard you try. Focus on something that has been persistent in your life, that despite your best efforts, despite all the self-help techniques you have done... you still can't

seem to make much progress on it. Have you found such an unwanted habit or problem in your life?

Now ask yourself the question - If I had a choice, if I could choose... would I rather choose to have this habit (this addiction, eating disorder etc.)... or would I choose to be completely free, fulfilled and happy? Would I choose to continually be in this vicious cycle, or would I choose to feel wonderful and happy?

What would YOU choose?

Now ten times out of ten when I have asked this question, everyone has said that if they HAD a choice... they would choose to be free from their problems! They would choose to feel happy. But... and here's a BIG but... they just don't know why they keep doing it! They just don't know why they keep sinking and falling back to these habitual patterns of doing and acting! You may have heard of this phenomenon as "self-sabotage".

So here's something we are all clear of, at this point in time. If given a choice, all of us would NOT choose those unwanted, undesirable habits we are currently having or living with. IF SO, what is causing us to make the "choice" in the first place? What invisible force is pulling us in that direction, over and over again?

The answer is simple... It HAS to be a part of ourselves that we have no control over (or at least it seems). Rather, it is a part of ourselves that we are trying to "control" the wrong way! We are trying to use the comparatively tiny, little part of ourselves... our CONSCIOUS mind, to control this huge, gigantic lion! It's like trying to grab a bull by its horns! Try as you might, you may make some progress... but it's going to get very tiring for you, and eventually you give up.

The answer is clear: If you want to make tangible progress in your life, then there are two ways you can do it. You can do it consciously. Don't get me wrong, doing things "consciously" isn't a bad thing at all! Doing things by willpower and discipline (conscious acts) isn't that bad... and we DO achieve quite a bit from it. But there's a limit as to what we can achieve with the use of our conscious effort alone. If you truly wish to breakthrough to the next level, then you MUST enlist the help of your subconscious mind.

So many people have trouble grasping the concept of a subconscious mind simply because it is not a tangible concept. After all,

how do you imagine or envision something that is not your consciousness? How do you envision something that is the opposite of what you are trying to perceive? It's like unchartered territory, like outer space... which you don't even know if it exists for real! I once heard such a brilliant analogy about our conscious & subconscious minds. The conscious mind is like the room you're in right now, where you are aware of everything that is happening in the room. The subconscious mind? It's like a country thousands of miles away, like Australia! Things are happening there that you don't even know about and can't even consciously perceive at this moment! But they still affect you. (If you're reading this in Australia, then substitute the country for some other place around the world! But I'm sure you get the idea.)

So right now you know that the subconscious mind exists. You see prove that it exists through the two examples I have given you above. I have also given you an analogy to help you understand things better. Now let us talk about another fundamental principle you need to know about accessing the subconscious mind and tapping into its powers.

Right now as you are reading this book, pay close attention to what you are doing. What are you doing as you read each sentence? You're logically processing everything I have to say! You are logically and rationally considering my points and saying "Hmm, that makes sense!" or "That sounds like total bull!". You are consciously processing all these arguments, but often the processing happens so quickly that you don't realize you're running through all these thoughts at once.

Now think about this for a moment. Every single thing you (consciously) read or hear is questioned and processed by the part of you that is "conscious" --- your conscious mind. Therefore, the conscious mind acts as some sort of a gatekeeper. It keeps thoughts out and it lets some thoughts in. There is actually VERY good reason for this mechanism which I'll touch upon later. But for now see your conscious mind as a gatekeeper or bouncer, who keeps certain thoughts out of your "self" and lets certain thoughts in...

The Role of the Conscious Mind

Here's the kicker though: How does the conscious mind decide what thoughts get accepted or rejected? What is the criteria it uses? Think about the example I raised about reading my words and asking yourself whether each individual point makes sense. What are some of the criteria

you use? Well, chances are you accepted thoughts and arguments you found to be logical... those that fit into your general belief structure. In other words, you readily accept thoughts which easily fit into your belief structure.

For example, if I were to tell you that if you throw a ball at the ceiling, it will eventually land on the floor... you would accept the thought without question. Why? Because the thought fits readily and easily into your general pattern of beliefs about gravity. The thought was EASY to accept, and easy to believe for you... so much so that you did not have to throw a ball for yourself to verify that it is so!

Now let's work with another thought that may not fit so easily into your existing beliefs system - the thought that an illness, such as cancer, can be cured spontaneously in an instant. Now if you are like most people, you would have had SOME trouble accepting this belief. Again see how it does not matter WHAT the belief is, the only thing that matters is how easily and closely the new thought you are trying to introduce fits into your CURRENT pattern of beliefs. That's the only thing that matters! If you experience so far has been that illnesses take time to heal, then there is no place in your current belief system to accept the thought I just offered. But on the other hand, if you have witnessed some miraculous healings yourself, or if you are very much into spiritual and alternative healing practices, then you would have found the thought easier to swallow and accept.

Here's the amazing part: It absolutely does NOT matter WHAT the thought is. The content of the thought does not matter at all. Spend some time thinking about what I just said... the thought literally does NOT matter at all! You can use any thought / new belief in the world, and the only thing that matters is the proximity of the new thought you are trying to introduce with your existing belief system. If they are close enough (compatible), then you will accept the new thought easily and without question.

What happens when you accept the new thought easily and without question? Then it becomes part of your belief system! You then BELIEVE the thing to be true, and ACT AS IF it is true. If you are utterly convinced that a ball thrown towards the sky will eventually land on the floor, then you know with every fibre of your being that it is so. You'll expect it. You will not doubt or question your belief, because it is so!

On the other hand, think about another thought you are having trouble believing. For now, let's focus on something absurd like "pigs can fly". Now this wouldn't really map easily into any of our current beliefs system, so try as we might, we can't really "convince" ourselves that pigs can fly. Therefore, we don't act in a way consistent with that belief. When we actually do see pigs, we do not expect them to fly!

I brought up this series of examples to illustrate a few important points about the relation between your conscious and subconscious mind. True, your subconscious mind is there and ready to "take your command" so to speak... but your conscious mind is also constantly there watching over everything. In fact, if you have been following my explanation, you would realize that the conscious mind is constantly acting as a "gatekeeper", deciding what gets accepted into your current belief system.

Therein lies the problem with so many self-help systems, and the reason why so many people do not get results! They read a book and set a goal let's say to make one million dollars a year. They have been convinced that big and outrageous thinking is good, which is why they chose such an audacious goal in the first place.

Now, if you have been following our logic, what do you think will happen? First, if the person has only been making $50,000 a year up to that point in his life (or if the person is heavily in debt, struggling with money)... how compatible do you think his new belief of making a million a year will be with his existing belief system? Very incompatible, exactly! And therefore, despite his best efforts, despite doing everything he consciously can... he'll still feel like he's back-pedalling and treading on the same spot!

Now let's take a second guy, who made $800,000 the previous year, and now wants to make a million. Let's compare the two again. This time round it's much closer and much more compatible. Making a million a year is imaginable and acceptable to a person who is already making $800,000 a year! Do you see the difference here? The actual content of the belief you're trying to instil or your goal does NOT matter! The ONLY THING that matters is how compatible you goal is with your existing pattern of beliefs?

Where do your existing pattern of beliefs come from? It is beyond the scope of this book to explore them... but a lot of self-help gurus would tell you that your pattern of beliefs came from childhood

conditioning. When you were growing up, you were powerless and viewed the adults in your life as authority figures. Thus, you tend to "inherit" some of their beliefs about many things in life, such as relationships or money. Another source for beliefs will be existing results you're getting in your life. It is hard to argue with reality! And so what you see on a daily basis around you does become a feedback loop for reinforcing stronger beliefs about what is.

There are certain schools of thought that say that you have to identify the "negative", hidden, unconscious beliefs that are holding you back and then work to eliminate them. I am generally (except in specific situations) not in favor of such approaches. Here's why: First, you need to spend a lot of time uncovering the past and going back a long way to identify "that particular incident" which made you feel this way, or "this particular traumatic event" that now causes you to behave the way you do. To me, this is an unproductive use of time and we often cannot be 100% certain that we are correct!

Also, I'm aware that our mind is VERY powerful and can often construct memories or even "make things up" if forced to. Therefore, it is very easy to wrongly ascribe a wrong cause to something... and then believe in it wholeheartedly. For example, if you had an abusive father, then you can very easily say that it is because of your relationship with your dad that your current relationships suffer. Now that MIGHT be the case, and we cannot be completely sure. Furthermore, it is just not productive in my opinion to go back and pinpoint so many past events in your life when there is a much better way to move forward.

What I said above comes with two qualifications. First, the general method of "uncovering past events" or "childhood programming" does work for some people. Why? I believe these events often act as a "convenient excuse" to bring something to light. And once something comes to light, we can deal with it so much easier, whereas before we were all trying to guess where the problem was. So for some people the process of uncovering past trigger events DOES work, because it gives them something tangible and real to work with. They can say, "Oh so it's not my fault, it's because of so-and-so..."

In many cases that's a good thing, because you're clearing up a lot of the energy associated with the issue, regardless of whether it is the real cause or otherwise. The second reason why someone might benefit

from this type of healing modality is when they have a strong emotional reaction that is preventing them from moving forward. Suppose an individual was attacked by a fierce bulldog as a young child. Now this emotion of fear keeps coming back, and is even crippling every time he sees a dog of some kind. Obviously we have to deal with the emotion here before doing anything else. In such instances, it is often a good idea to deal with the trigger event... since the trigger event is quite unambiguous and clear in such an instance.

The reason why I do not advocate going back and looking for what "negative" or "limiting" beliefs you have, or ascribing them to past events is because you do NOT need to do so! Plain and simple! You can simply instil and program new beliefs into yourself and they will overwrite the old beliefs you have, whether you know you had them or not. It is NOT necessary to go back and physically delete every single old belief before you can install new ones. The reason why spiritual teachers sometimes ask us to do that is because identifying our negative beliefs helps us convert them into positive ones. For example, if you know you have a belief about feeling unloved and undeserving, then you can take steps to make yourself feel loved and deserving.

The Use of Affirmations

Let's start with the simplest technique for programming a new belief / goal into your subconscious mind. Remember that the subconscious mind is where we want it to ultimately be active in. You can of course have something active and alive in your conscious mind, but doing something with sheer focus and conscious effort is just too tiring (and slow) at times, especially if you wish to create breakthroughs! Furthermore, the subconscious mind is what "runs the ship"... and to ultimately create results, you have to gain the support and help of this larger part of you.

The simplest technique to reach out to the subconscious mind is through affirmations. There is good reason why the use of affirmations are advocated in almost every single personal development or self-help system. Put simply, affirmations are positive words or phrases stating a truth or belief you would like to create. For example, if you would like to be at an ideal weight, then your affirmation would be: "I now weigh ___ pounds", whatever your ideal weight is. If you like to earn a certain amount of money, then your affirmation can be: "I now earn $100,000 per year."

Let us first examine the scientific basis behind affirmations. We know that in order to get the subconscious mind to "accept" a thought, the conscious mind first has to accept it! Therein lies a challenge. Someone who has been faced with weight problems all his or her life will find the affirmation of "I now weigh ___ pounds" hard to believe. Immediately, their conscious mind will come up with multiple reasons why this cannot be so, such as "What makes you think you can do it!" or "Rubbish, you have never weighed that in your life" or "Each time you try to lose weight, you have failed!" You get the idea. We have all experienced these negative thoughts at one point or another, only on different subjects. For some people, their mind is a constant, incessant chatter of these supposedly "negative" thoughts, which can lead to some very undesirable results indeed.

Remember that each time you make an affirmation, you are trying to make something firm. You are trying to instil in yourself a new belief, and hence create a new reality. One "trick" which success teachers have found to circumvent the conscious mind (or rather, the conscious negative beliefs) is to use repetition. In other words, they advocate repeating an affirmation so many times that it totally saturates the conscious mind and gets accepted.

Now this technique is VERY effective, and should not be underestimated. Most people who try affirmations and say they do not work likely just repeat the affirmations once or twice. However, for affirmations to work, the secret key is REPETITION. They must be repeated many, many times. As an example, I write my affirmations out in long form 25 times each day. Writing it for 25 times a day saturates my consciousness with the essence of the affirmation. It sorts of "breaks down the defences" of the conscious mind, in that your conscious mind is unable to come up with so many opposing reasons that are opposite to what you are trying to affirm.

As I have mentioned several times, each of us is at a different starting point. Some of us may have more negative beliefs to deal with, which is why the use of affirmations may take a longer time to produce results. On the other hand, there have been many others who see results on the first go, even on the first few tries of writing their affirmations. These results happen so fast that even they themselves are amazed. Therefore, if you write your affirmations out on a regular basis and yet still do not see results, keep going at it... Each of us starts at a different place, and you may

have more beliefs that may need to be cleared out and overcome before tangible results start showing themselves. Also, remember my previous analogy about how the conscious mind is like the room you're currently in... and your subconscious mind is like something that is happening in Australia? Therefore, you really have no way of telling whether any changes are being produced in your subconscious mind, just as you have no conscious way of knowing what is happening in Australia at this very moment!

So many people try affirmations for a while and then give up, saying "They don't work for me!" The question in response to that, of course, is "How do you know?" How can you even begin to TELL the changes that are slowly but surely taking place in your subconscious mind? You can't! If you keep at the process long enough, one day the changes in your subconscious mind will be so significant that actual tangible changes will be manifested and observable to all.

Repetition is only one key to using affirmations. The other key is the phrasing of those affirmations. The phrasing is VERY important and there are a few guidelines you should follow. First, affirmations should always be stated in the positive. Your subconscious mind does not know how to perceive or interpret a negative. Another way of stating this is that the subconscious mind always focuses on where the action is. So if your goal is to stop smoking, you cannot write an affirmation that says, "I now stop smoking." Because your subconscious mind pays attention to the ACTION, which is the act of "smoking" and does not know how to interpret the word "stop". Success teachers and writers often illustrate this with the pink elephant principle. They tell you NOT to think of a pink elephant, and what do you think of? A pink elephant! This is why exclusion words such as stop, not, no do NOT work in affirmations.

Phrasing good affirmations takes some practice, but you'll know when you get good at it because results will start happening. For example, if you wish to stop smoking... how can you phrase a proper affirmation? Different people will come up with different statements that resonate with them but one you can consider is, "I now lead a healthy lifestyle" or "I now have healthy, wholesome habits". You can see that some practice is needed to get your conscious and subconscious mind to be working together.

Another guideline is never to phrase affirmations in the future. For example, if you say "I want to make $100,000 a year", then you will

always create a feeling of "want" and "lack". The reason you "want" something in the first place is because you do not have it! "I will make $100,000 a year" is also confusing to the subconscious mind, because it implies sometime in the future. The subconscious has no concept of time. In other words, the subconscious only knows of NOW, the present moment and cannot perceive a time in the future. Therefore, the proper affirmation to use will be "I (now) make $100,000 a year."

I like to think of crafting and using affirmations as something very fun, instead of hard work. Many people approach this whole subject of personal development from a place of lack or dread. They often worry about whether they are doing something "right", or that if they mess up a small step, then everything will not work. I don't look at any of it this way. I look at creating affirmations as an "experiment". I like to experiment to see which affirmations my subconscious will respond to the best! Therefore I try an affirmation and if it does not "work" after a period of time, I tweak and change it! Of course, you must give the affirmation sufficient time to work.

How Affirmations & Visualization Is Related

At this point, I would like to link affirmations to visualizations. What is the point of using affirmations? Well, it is to create the "picture" or "feeling" for your subconscious mind. Too many people are caught up with the words. They think that words are the magic here. No, it is the feelings created by the affirmations that have the power from a spiritual sense. The words are used for us to create the feeling.

Do you get the power of what I'm saying here? Suppose you want to make $100,000 this year. You write an affirmation "I now make $100,000 this year." If you read it and really (for a moment) believe in it, how does that make you feel? It makes you feel good! That's right. What we have just done is to use the WORDS in the affirmation to bring us to a feeling place, so that this feeling can now be imprinted in our subconscious mind. If you understand this logic, you'll understand why visualizations are often used in conjunction with affirmations.

Instead of using words to create the feeling of having what you want, visualizations take you to the feeling through the use of pictures and moving images. It has often been said that we think in terms of pictures, and so visualizations are also an effective way of imprinting the subconscious mind. I have found that affirmations, when used in

conjunction with visualizations produce great results. However, the key to getting results is in the feelings. Whether you are writing affirmations or doing visualizations, they should bring you to a "good feeling place" in order to have maximum results.

I'll now talk about meditation and how this ties in to (1) affirmations and (2) visualizations. Meditation has been called a "portal to the divine" because it is used in every single spiritual or religious tradition. Most people associate meditation with a religious practice, however, that does not have to be the case. You can practice meditation even without any religious background, and you certainly do not need to believe in a particular religion in order to meditate.

The greatest value in meditation is to quiet and still the conscious mind. In other words, ceasing the incessant chatter in the conscious mind. For some people, this may be helpful for a few reasons. First, some people have an ongoing stream of negative thoughts in their minds (telling them why they cannot do or have something). If these negative thoughts are constantly intruding into your consciousness, then it can be difficult to recite / write affirmations or do visualizations because it can be like trying to fight a strong downstream current while trying to go upstream! Instead, meditation takes us to an empty state. Different religions and even Science calls it different names - zero point, void, emptiness etc. The idea is that when your mind is quiet enough, then it is easier to start thinking "positive" thoughts and saying positive affirmations.

Now if affirmations, visualizations and meditation works for everyone 100% of the time, then we would not be left with people saying these techniques do not work. Why is it that the use of these methods being fast results for so many people, while a considerable number simultaneously claim that they do not work? The answer is simple. For any new belief to be imprinted into your subconscious mind, it has to overcome the resistance created by the conscious mind. We discussed several ways to do so, for example through repetition. Other ways that have been developed to do so include the use of subliminal tapes. Basically, these subliminal tapes "masks" or "obscures" the affirmations such that the conscious mind cannot consciously perceive them. If the conscious mind can't perceive these affirmations, then it can't possibly resist them!

There are many tapes that feature subliminals, or even hypnosis. The ultimate aim of all these tools are the same - To overcome the natural

resistance to change created by your conscious mind. Therefore, they do so by "confusing" the conscious mind such that it shuts down or stop resisting, and then deliver the positive affirmation. For example, some techniques involve the use of dual channels. Different affirmations are played to both your right and left ears, until the conscious mind gets tired and does not know which to follow. All of these techniques work better for some than others, which is why it is important to find what works for you.

A Breakthrough Technique

Finally I want to talk about what I consider a "breakthrough" in the use of affirmations. One thing that has struck me is how much time we spend in front of our computers. I easily spend most of my working time in front of the computer, replying to emails, using the Word processor, or surfing the Internet. Just as one can listen to audiobooks while driving and therefore make full use of our time, I began to think about how we can make use of the time spent in front of our computers for personal development.

Now of course if you have already obtained very good results from the simple use of writing down affirmations repeatedly and visualizations, there is no need to use any additional, more advanced technique. However, there are always those who find that affirmations do not work, and this is definitely a viable option for them because it combines so much of what we have been talking about.

There are a few essential qualities of good affirmations. To create long-lasting changes, we already know first that the affirmation has to be well-crafted. Next, the affirmation has to overcome the resistance created by the conscious mind. If these two ingredients are in place, then the affirmation is bound to reach the subconscious mind.

Here is arguably the GREATEST secret of all time, in every spiritual or success text: Once an idea is imprinted in the subconscious mind, it takes on a life of itself. IT IS DONE. You do not have to do anything else. You will get impulses, ideas and inspiration to do things. Outer circumstances will magically seem to change and nudge you in the right direction. In other words, once the subconscious mind has been impregnated with an idea, IT COMES TO LIFE! This is also the exact reason you have to be careful about what goes to your subconscious mind. Most of our subconscious programming is unconscious!

A friend recently posted some negative images related to a news event on his Facebook wall. I told him that I did not want to have anything to do with these images or even play a part in spreading them. Now if you have not read what we have said earlier, you may think, "Geez, this guy is a simpleton! Does he think that if you ignore all the bad stuff in the world, they will go away!" Others think that you have to really sympathize with these people, and feel their sorrow so that something can be done about the situation.

Remember what we said earlier about imprinting the subconscious mind? ANYTHING that is said or felt with a lot of intensity or feelings has a chance to be imprinted into the subconscious mind. It has even been said that the subconscious mind CANNOT accept a joke! It does not know when you are joking or serious. All it does is to accept your commands. Therefore, if you expose your subconscious to thoughts of lack, to thoughts of negativity, to thoughts of financial distress, to thoughts of the financial crisis... guess what? You begin to wonder why so many people, things and events BEGIN TO SHOW UP in your consciousness... and you wonder why so many unwanted / undesired things are happening in your life. The answer is simple... YOU PUT THEM THERE! You allowed your subconscious to be impregnated with these negative thoughts and events, which in turn brought you more of these negative thoughts and events.

I think there is beauty in all of this. It shows that the subconscious mind does not reason, or even moralize. It does not have the ability to reason. All it simply does is to take an idea that has been firmly imprinted into it, and bring you more of the same. Therefore, you can have anything you want... if you find someway to imprint it in your subconscious mind. This is the truth behind the saying, "You can have anything you want in life, if you'll give up the belief that you cannot have it."

The good news is that you don't have to uncover every "negative" thing that has been programmed into you and then work to undo that. The good news is that you can simply start today, to program your subconscious with the "good stuff". Over time, slowly but surely, this good stuff will be the predominant attitude or thought that you are holding, and most of the negative stuff will no longer have power over you.

Very exciting research has been carried out in recent years on subliminal technology. However, what most people do not know is that subliminal technology has been used in psychological laboratory

experiments for the longest time. There is a tool in psychology research known as "priming". Simply put, it involves exposing a participant to an idea or concept subliminally, below their threshold of conscious awareness. For example, I may flash the word "ELDERLY" on screen for such a short period of time (below 200 milliseconds) such that you see a mere flash but are unable to make out the word. However, researchers have found that you subconsciously can perceive the word, and it is indeed creating an effect in your subconscious. You may even unconsciously & involuntarily start thinking about thoughts related to the word that has just been primed.

That's not even the most exciting part. Researchers have also found that when you prime a word or concept, the effects are usually fleeting (gone in a matter of seconds). However, when you prime a goal, then the effects last / persist until the goal is fulfilled. Here's the exciting part: This happens EVEN IF you do not consciously know that you have been primed with a goal! It is beyond the scope of this book but if you are curious about the scientific research behind this, check out the work of social psychologist John Bargh. You'll find many research papers of his published in top-tier journals that will simply amaze you.

I am more interested in the practical applications of this research. To me, research in this area has validated these methods all along. Therefore, I realized that if we word our affirmations properly and "prime" ourselves through the use of our OWN personal computers... the results can potentially be mind-boggling!

Imagine this: Writing your own affirmation, and then putting it into a computer software that displays it subliminally on screen at regular intervals. You won't even notice the affirmations showing on screen, but you ARE getting primed / programmed at regular intervals with good stuff that you chose for yourself. To me, this method contains the best of all worlds. You get to make use of the time sitting in front of the computer (which can be an entire workday for all of you), and an affirmation can be repeated thousands of times during this period. Best of all, it goes right through to you subconscious mind where all the action happens.

I hope I convinced you enough about the powerfulness of this new technique. I certainly did not come up with it, but I do recognize how science has just recently validated this idea, and how technology has progressed to a point where we can finally try it for ourselves. In the past,

equipment needed to "prime" or subliminally program ourselves would have been available only in laboratories. Now it is available to all of us...

If you are interested, I urge you to go to http://www.KickAnyBadHabit.com to watch the video, read about the scientific proof and check out this amazing technology for yourself.

You now have great power in your hands... Use it only for good !

- Richard Dotts

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